



Pineapple

Pineapples are oval shaped and up to 12 inches long. Some weigh more than ten pounds. The tough rind (thick skin) may be dark green, yellow, orange-yellow or red. The flesh ranges from nearly white to yellow. The leafy top, rind — and usually the core — are cut off before eating.

The pineapple originated in southern Brazil and Paraguay. Christopher Columbus may have carried it back to Spain.

The name pineapple in English (or piña in Spanish) comes from the similarity of the fruit to a pine cone. In the United States, most pineapples are grown in Hawaii.

VARIETIES

There are four varieties of pineapple found in grocery stores today. These include, the Gold, Smooth Cayenne, Red Spanish and Sugar-loaf. They are sold fresh or canned and all have a sweet flavor.

Pineapples are not grown in Iowa.

Pineapples are fruit which grow on short-stemmed plants.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C

USES

Pineapple can be eaten raw or cooked. Add pineapple to fruit salad, salsa, pizza or stir-fries. It can also be grilled or broiled with meat.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

